

How-To Make Kombucha

by Darin Williamson

To make kombucha, you will need:

- A SCOBY (Symbiotic Colony of Bacteria and Yeast)
- Glass Gallon Jar
- 1 cup of sugar
- 6-8 oolong/cafeinated/black tea bags OR 3 ounces of loose-leaf tea

Mix in jar:

- 2/3-gallon room temp water.
- Boil water to make 1/6 gallon tea mixed with 1 cup sugar.
- Add sweetened tea after cooled.
- A SCOBY (Symbiotic Colony of Bacteria and Yeast).
- Stir before storing for 8-14 days to maturity.
- Flavor in a dark place for 2-4 days with added ingredients.
- Follow online instructions.
- Suggested flavorings to mix & match
 - Ginger
 - Fruit: frozen or fresh
 - Herbs: basil, mint, thyme, lemon verbena, etc.
 - Spices: turmeric, cinnamon, nutmeg, etc

Resources for ingredients and recipes:

<https://www.culturesforhealth.com/>

<https://ediblealchemy.co/wp-content/uploads/2015/09/Kombucha-Handout.pdf>

<https://ediblealchemyacademy.com/>